

Meet our
Diabetes
Educator!



Michelle
Pasiak, R.N.

Michelle Pasiak is a Registered Nurse and Certified Diabetes Instructor. She has over twenty years of experience in the healthcare field and seven years of experience in Diabetic Education and Cardiac Rehabilitation.

The Diabetes Education sessions will focus on healthy eating habits, use of medications for Diabetes, coping skills, exercise, checking your blood sugar, and more!

Please contact Michelle Pasiak, R.N., Diabetic Educator at (989)479-3929 with any questions.



Diabetic Education Sessions



Meeting Location:

Senior Life Solutions Building
204 South Huron Avenue
Harbor Beach, MI 48441

Facilitated By:

Michelle Pasiak, R.N.,
Diabetic Education Instructor

Harbor Beach Community Hospital's
Diabetes Program
is Nationally Recognized by the



Presented By:

HARBOR BEACH
COMMUNITY HOSPITAL
Your Safe Harbor for Great Healthcare!

2020 Group Diabetic Education Schedule

Group Diabetic Education Classes are held on Thursdays. The Diabetic Education Instructor hosts classes throughout the year in the morning, afternoon, and evenings, to best accommodate your schedule. Please call (989)479-5024 for up to date class times. All classes are held in three parts, and will meet on Thursday for three consecutive weeks.

*Please note an individual session will be held with the Diabetic Educator prior to attending group sessions.



Insurance Coverage

In most cases your health insurance provider will cover up to 2 hours per year with a Dietician and up to 10 hours per year with a Diabetic Educator. After the initial visit, yearly check ups are always covered. We suggest that you contact your insurance provider to confirm that it is a covered benefit within your insurance coverage.

How Do I Sign Up?

A referral from your healthcare provider is required to participate in the Diabetic Education Program.

To schedule your initial individual session with the Diabetic Educator please call Central Scheduling at (989)479-5024. Referrals can also be faxed to (989)479-5014.

Why Attend Diabetes Education Sessions?

- Learn what Diabetes is
- Learn why you should be checking your blood sugar
- Learn when is the best times to check your blood sugar
- Learn what carbohydrates are and how many you should be eating
- Learn healthy coping skills
- Learn about medications, food groups, blood glucose meters, and more!



Why Do it with a Group?

- Receive support
- Share your knowledge
- Encourage one another
- Share recipes
- And more!